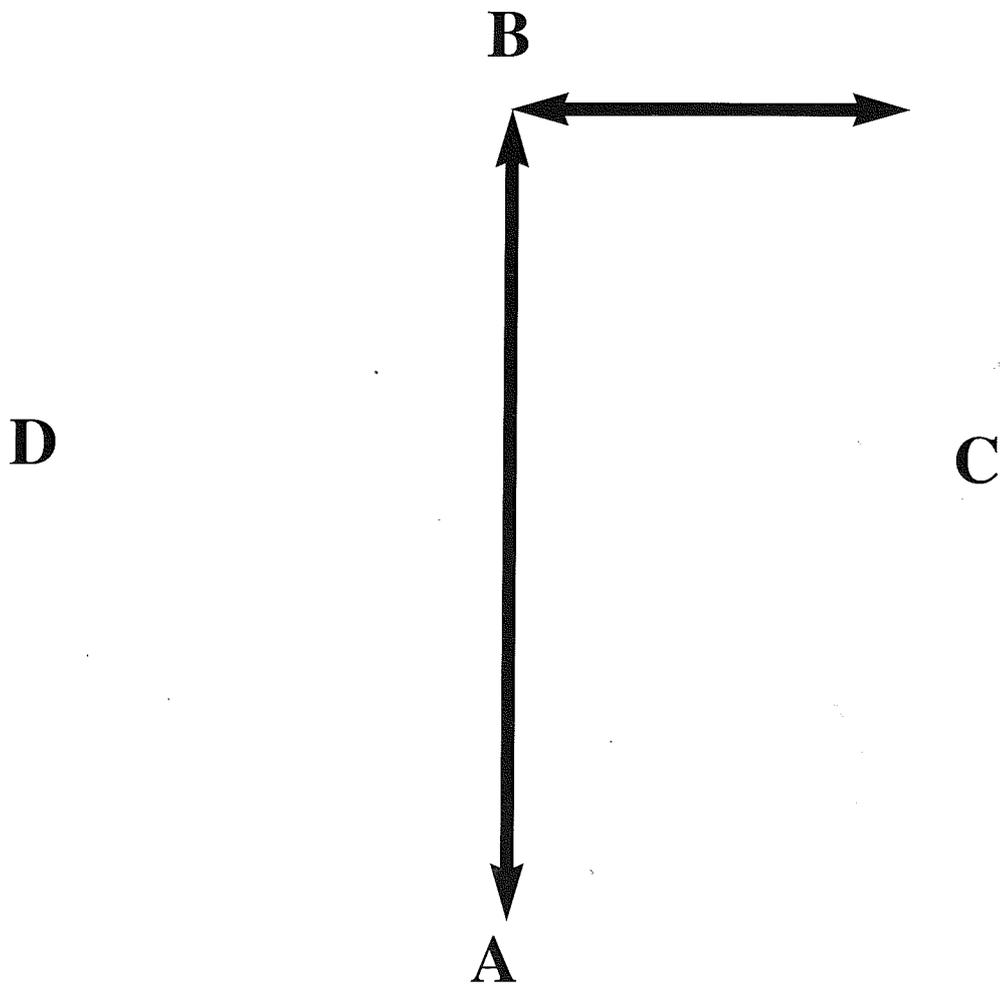
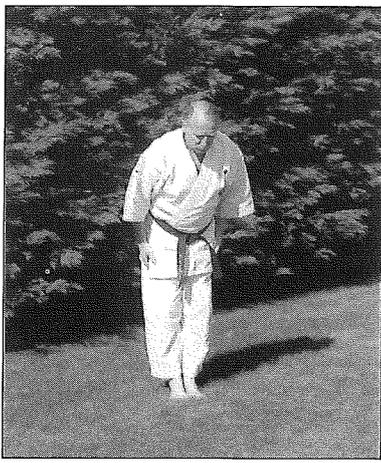
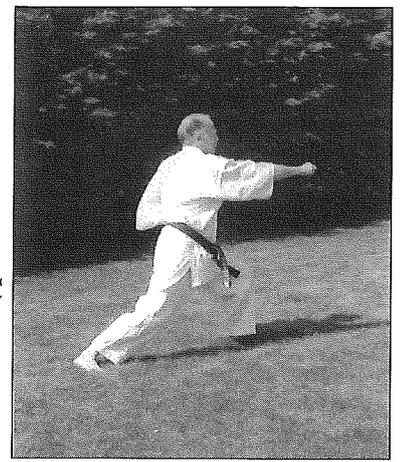
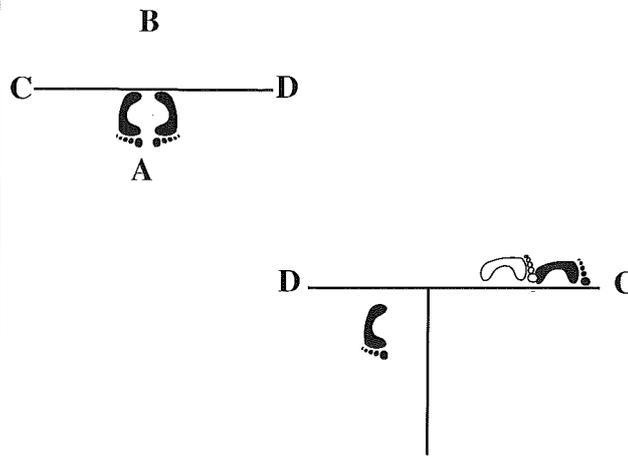


# HEIAN GODAN (\*)

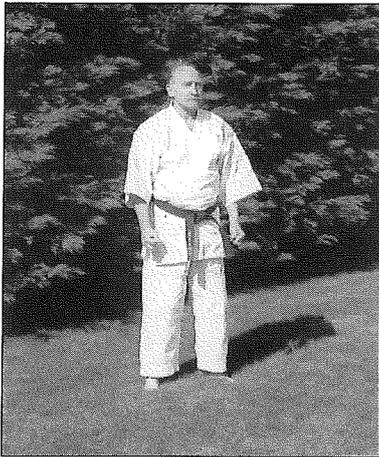




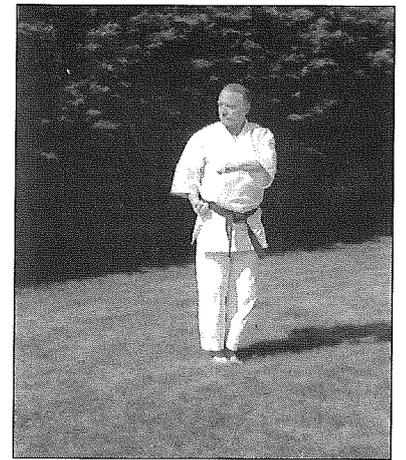
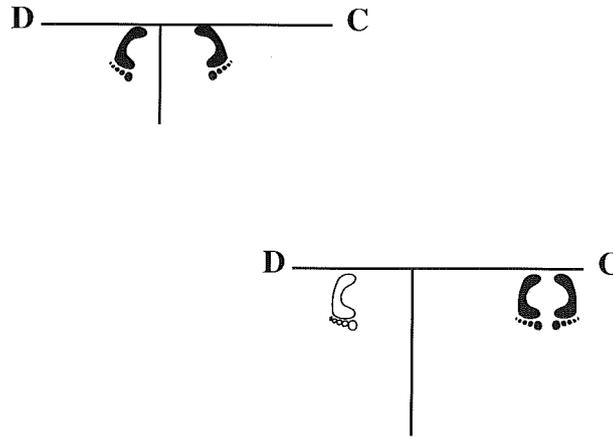
1 - Heisoku dachi - Rei



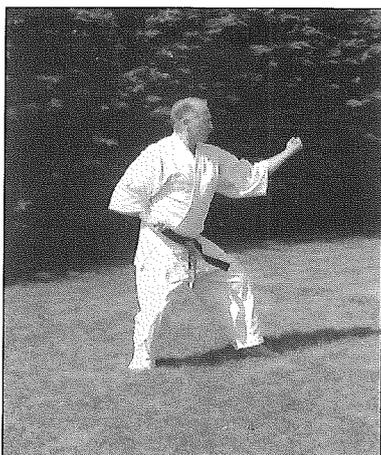
4 - Glisser en tsuri ashi avec pied g vers C - chudan gyaku tsuki d - zenkutsu g



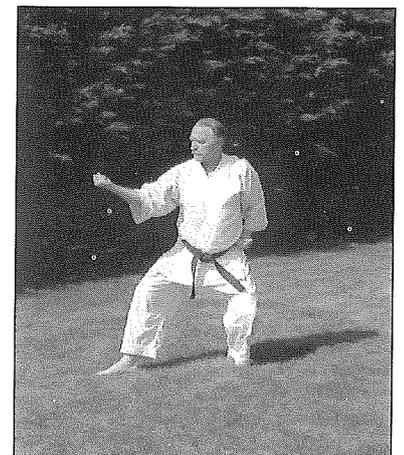
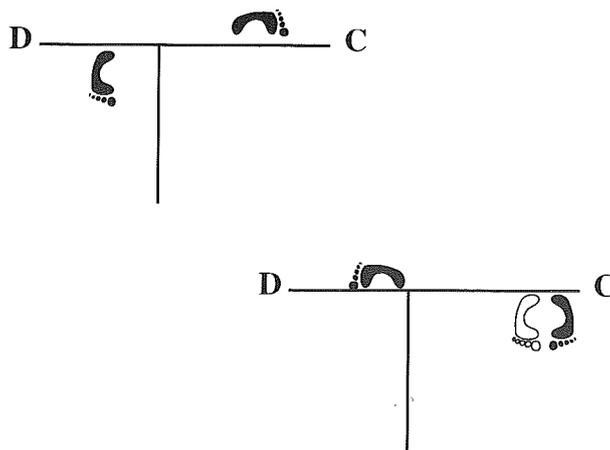
2 - Hachiji dachi face à A - Yoi



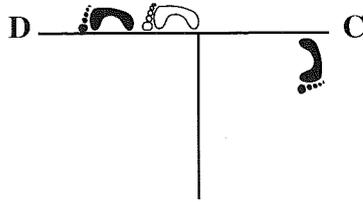
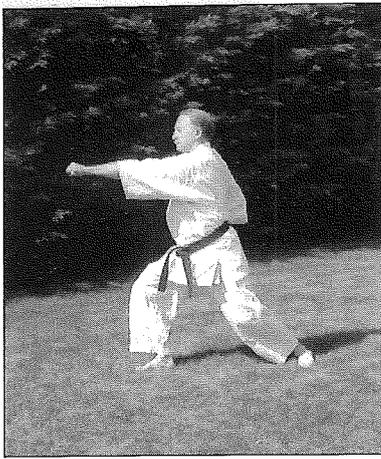
5 - Regarder vers D - ramener pied d à côté pied g en heisoku dachi face à A - kagi tsuki g vers D



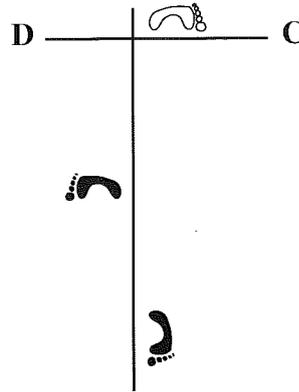
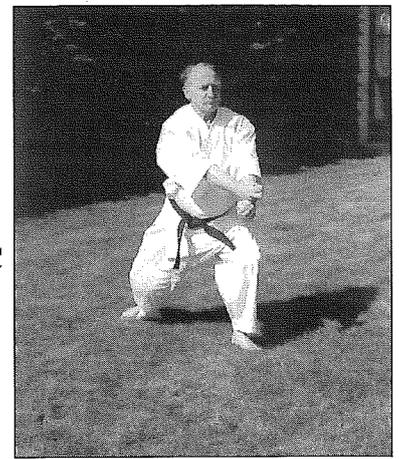
3 - Chudan uchi ude uke g vers C - kokutsu g



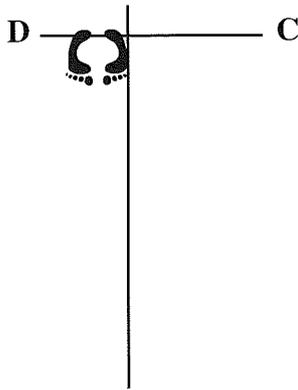
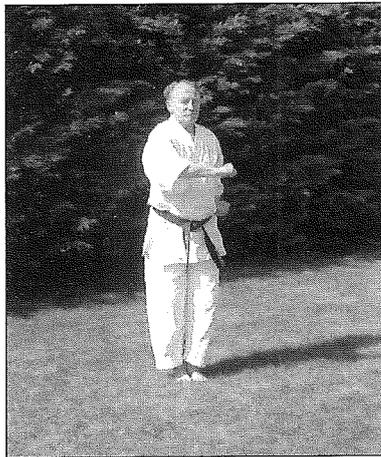
6 - Chudan uchi ude uke d vers D - kokutsu d



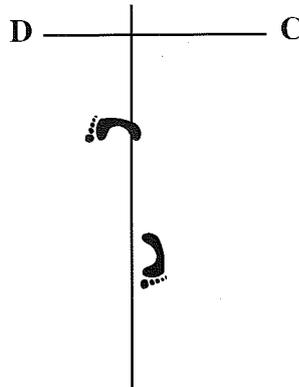
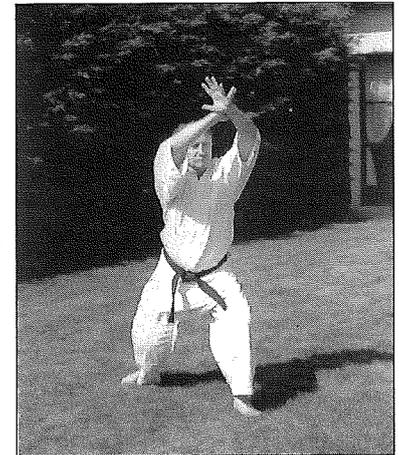
7 - Glisser en tsuri ashi avec pied d vers D - chudan gyaku tsuki g - zenkutsu d



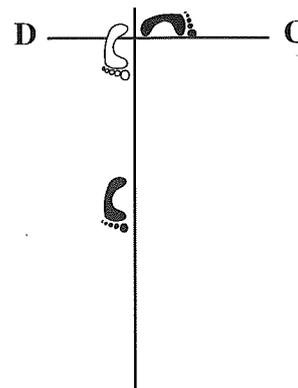
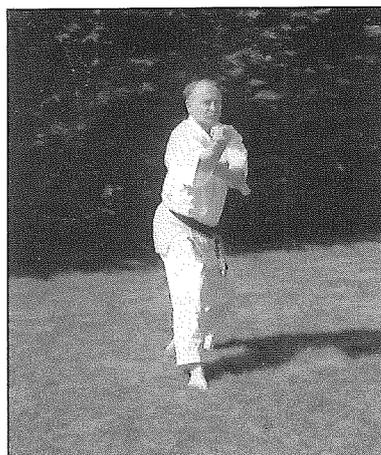
10 - Avancer d'un pas vers A avec pied g - gedan juji uke main d au-dessus main g - zenkutsu g



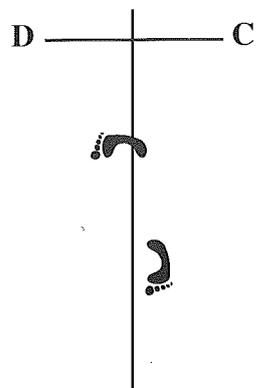
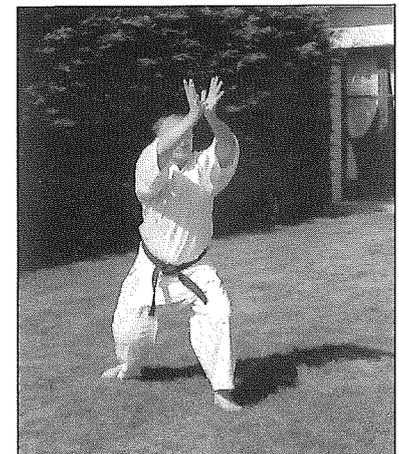
8 - Regarder vers A - ramener pied g à côté pied d en heisoku dachi face à A - kagi tsuki d vers C



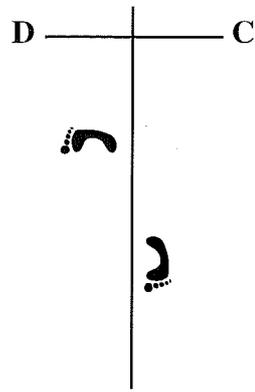
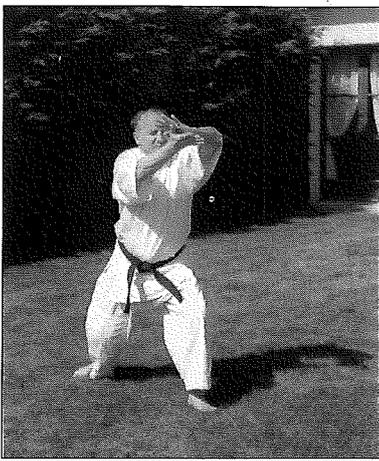
11 - Sur place ouvrir mains et faire judan juji uki légèrement circulaire main d au-dessus main g



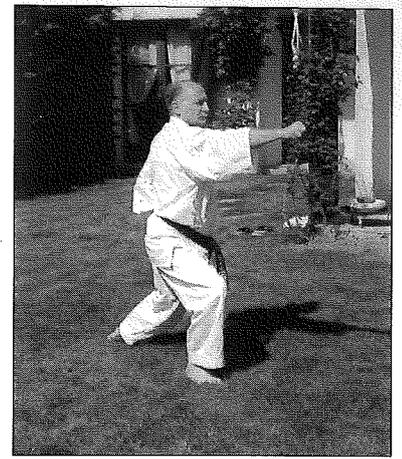
9 - Avancer d'un pas vers A avec pied d - chudan morote ude uke d - kokutsu d



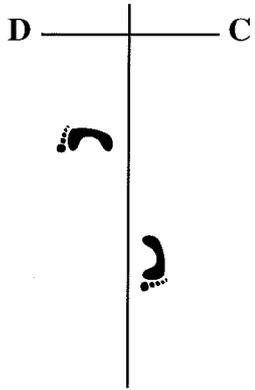
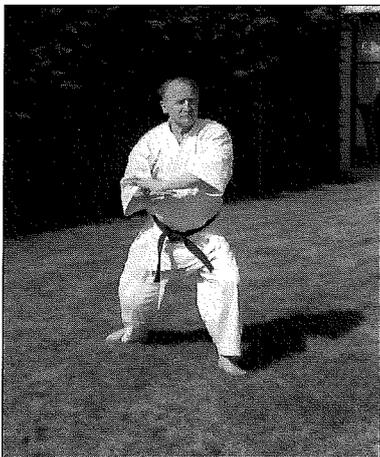
12 - Sur place rotation des deux mains autour de l'axe des poignets



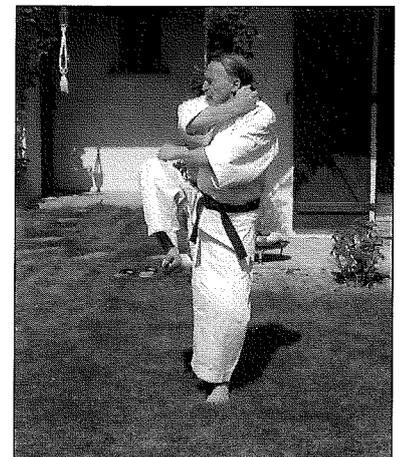
13 - Sur place faire mouvement descendant des mains avec paume main g dans paume main d



16 - Avancer d'un pas vers A - chudan oi-tsuki d - zenkutsu d - Kiai

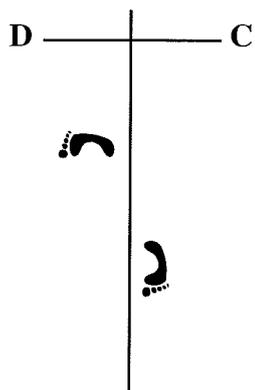
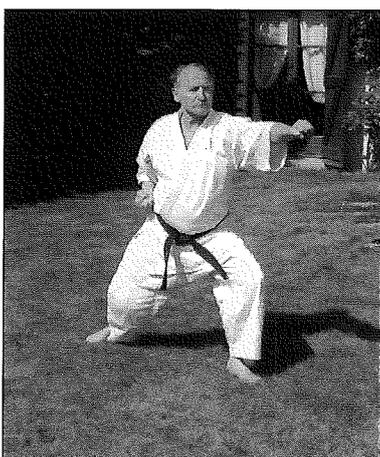


14 - Sur place kamae hanche d avec position des mains inchangée

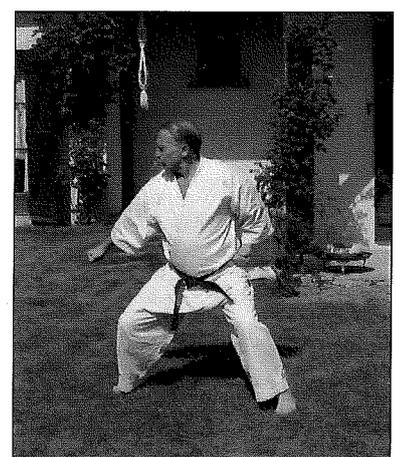
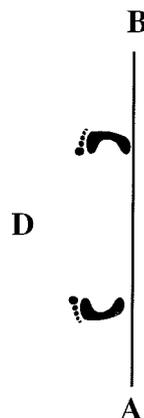


17 - Armer bras d pour gedan barai et pivoter de 180° à g vers B - armer jambe d pour fumi komi

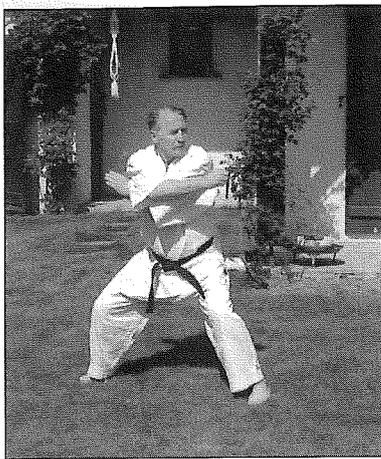
**Note importante :** Les mouvements 11 à 14 se font de façon continue et sans interruption en zenkutsu g



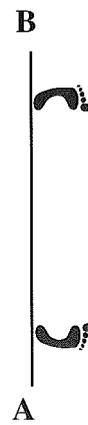
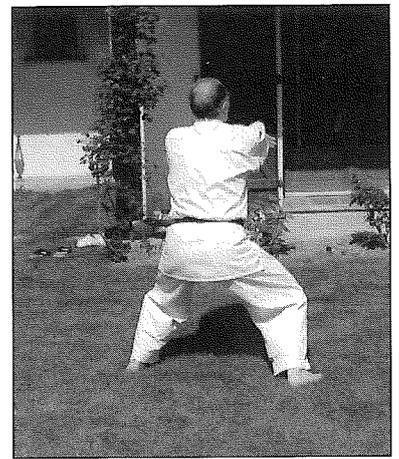
15 - Sur place chudan barai tsuki g



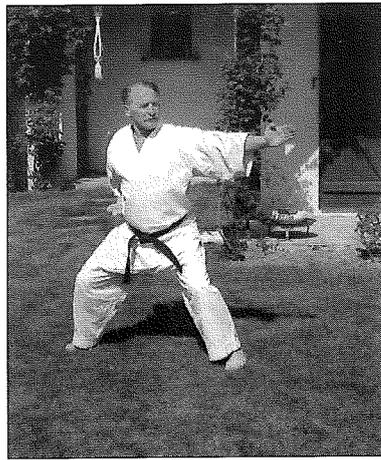
18 - Gedan barai d vers B - fumi komi d vers B - kiba dachi vers D



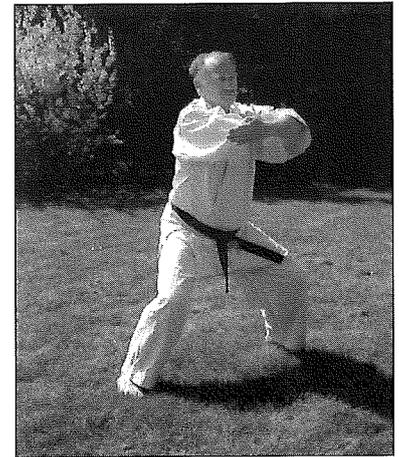
19 - Sur place armer bras g sous bras d - regarder vers A



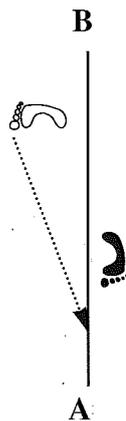
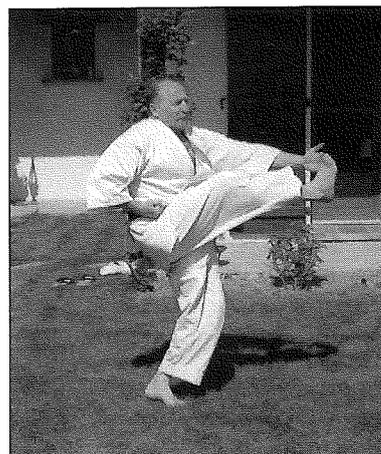
22 - Reposer pied d en kiba dachi face à C - chudan empi uchi dans paume main g



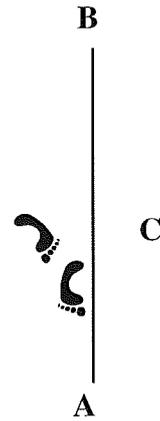
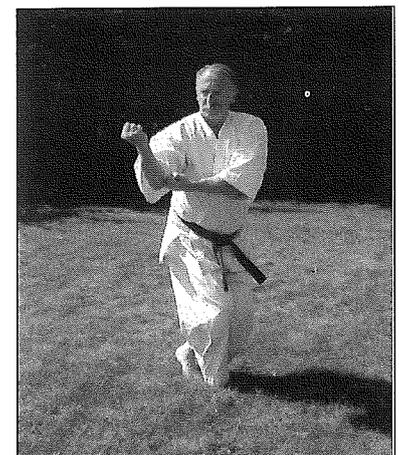
20 - Chudan haishu uke g vers A - kiba dachi



23 - Vue de C



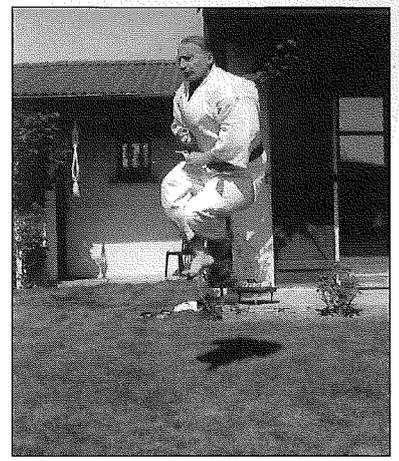
21 - Chudan mikazuki geri d vers A dans paume main g



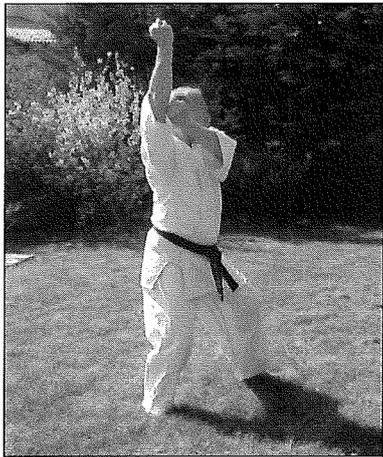
24 - Regarder vers A - amener en tsuri ashi pied g derrière pied d en kosa dachi - chudan morote uke



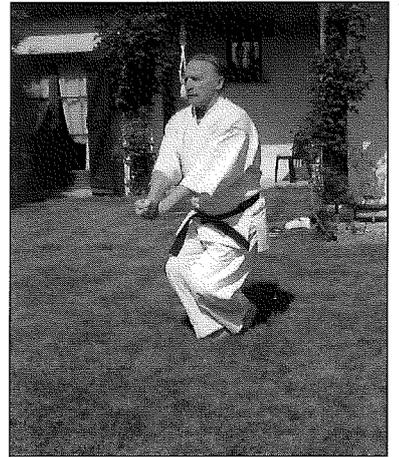
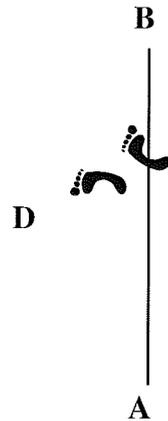
25 - Vue de D



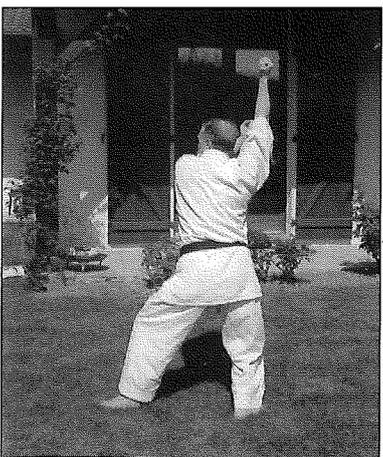
28 - Saut à 90° à g jambes regroupées - mains kamae à hauteur des hanches d et g



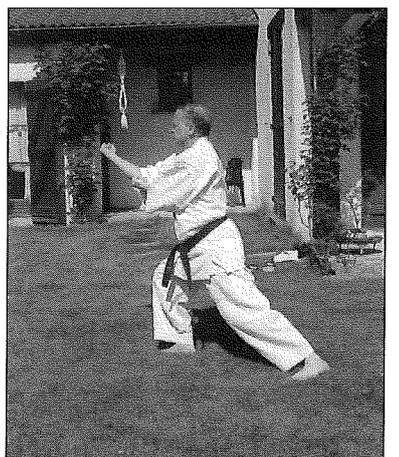
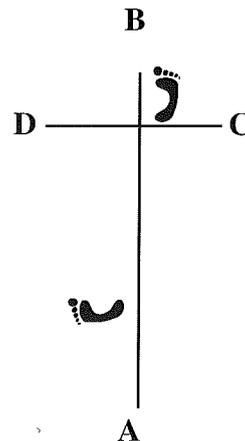
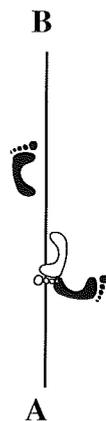
26 - Regarder vers B - sur place jodan ura tsuki - kokutsu g



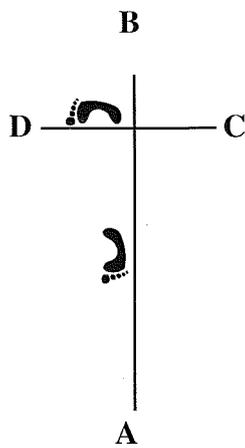
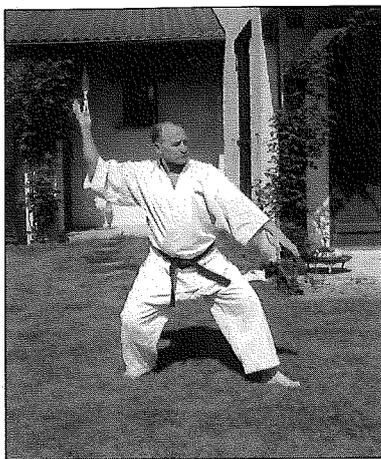
29 - Arrivée au sol jambes fléchies en kosa dachi vers D - gedan juji uke



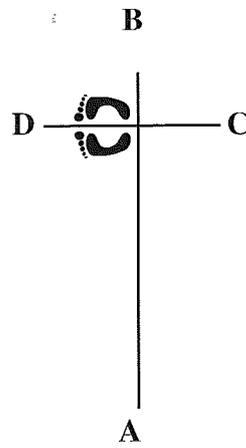
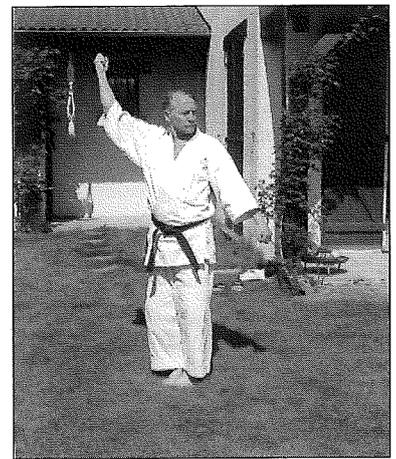
27 - Vue de D



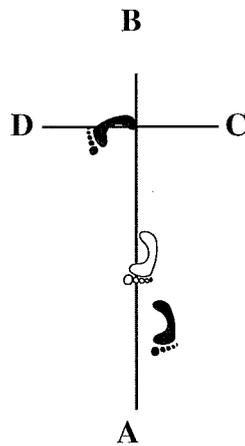
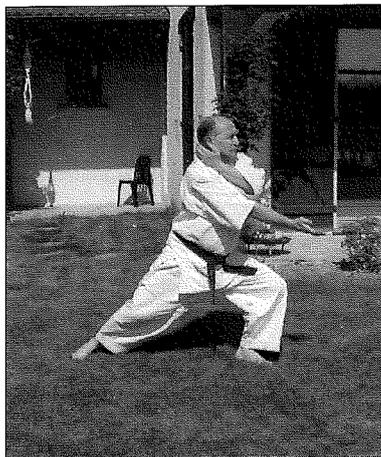
30 - Avancer jambe d vers B - chudan morote uke - zenkutsu d



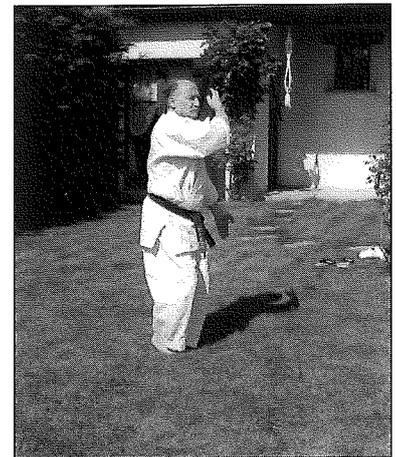
31 - Pivoter à g de 180° vers A - main d ouverte en jodan uke - main g ouverte en gedan shuto barai - kokutsu g



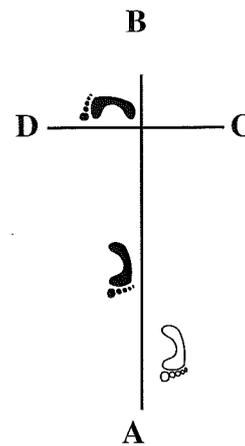
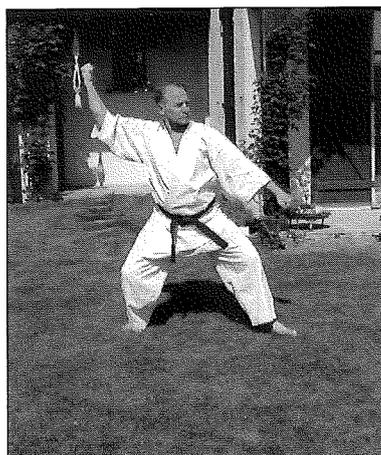
34 - Sur place sans changer position des mains - ramener pied g à côté pied d en heisoku dachi face à D - regarder vers A



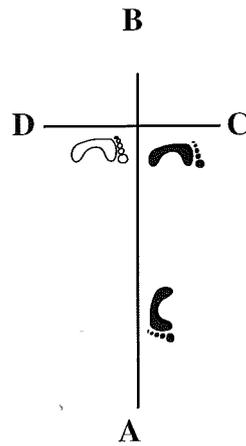
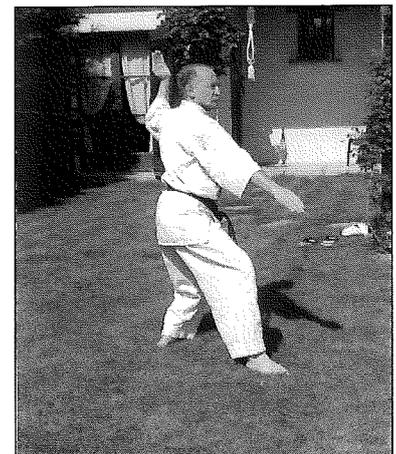
32 - Glisser en tsuri ashi avec pied g vers A en zenkutsu g - armer gedan barai main g ouverte - gedan yohon nukite vers A



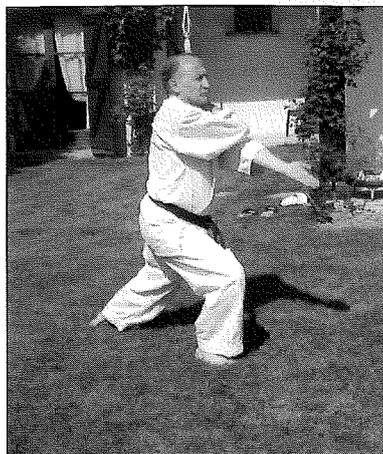
35 - Pivoter de 180° à g sur pied g - armer mains d et g



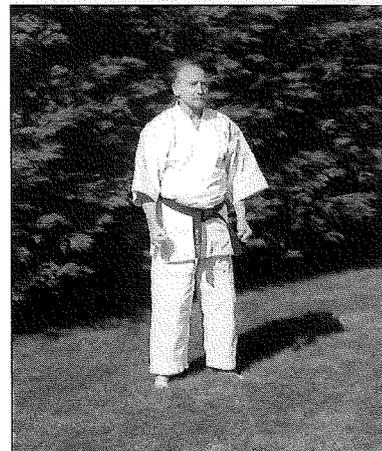
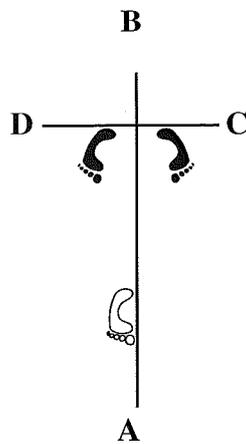
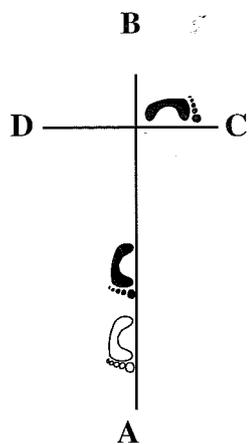
33 - Glisser en tsuri ashi avec pied g vers B en kokutsu g - main d fermée ushiro jodan uke - main g fermée gedan barai g



36 - Avancer pied d vers A en kokutsu d - main g ouverte jodan uke - main d shuto gedan barai



37 - Glisser en tsuri ashi avec pied d vers A en zenkutsu d - armer gedan barai main d ouverte - gedan yohon nukite vers A



39 - Ramener pied d en arrière en hachiji dachi face à A - FIN



38 - Glisser en tsuri ashi avec pied d vers B en kokutsu d - main g fermée ushiro jodan uke - main d fermée gedan barai d

